



Marshall County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Marshall County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Marshall County School System that includes:

- School Health Advisory Committee
- School Health Policies strengthened or approved include the CSH policy, health screening, and Healthy Foods and Snack Guidelines
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$213,000.

Community partnerships have been formed to address school health issues. Current partners include:

- Marshall County Health Department
- Marshall County Health Coalition
- Lewisburg Recreational Center
- Centerstone
- S.T.A.R.S. of Nashville
- Marshall County EMT
- Lewisburg Chiropractor
- Marshall County Chiropractor Center
- Church Street Church of Christ
- Lions Club of Chapel Hill, Lewisburg, and Cornersville

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including student health screenings, flu shot clinics, parental involvement health night, healthy school teams, development and strengthening process of CSH policies and administrative procedures. Currently, 25 parents are collaborating with CSH.

Students have been engaged in CSH activities. Approximately 500 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Marshall County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2,165 screened and 1,256 referred;

Students who have been seen by a school nurse and returned to class equals 8,920;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. County wide BMI data remained the same. However, at least one school's individual BMI rate had a 1% reduction based on the preliminary data;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment, CATCH curriculum, OAE, Suresight, and scales;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TAHPERD, Fit for the Future Conference, Vanderbilt Diabetes Workshop, RHAT, suicide prevention training, and Olweus Bullying Training;

School faculty and staff have received support for their own well-being through stall wall poster health initiative, Personal Best newsletters, and Project Diabetes workout session.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – county Health Educator provides sex education as well as cyber bullying sessions for students;
- Physical Education/Physical Activity Interventions – new equipment and promotion of teachers to provide structured recess time;
- Nutrition Interventions – develop policies and administrative procedures that address nutrition issues concerning our students;
- Mental Health/Behavioral Health Interventions – providing S.T.A.R.S of Nashville counseling services and anti-bullying programs.

The Marshall County School System's Office of Coordinated School Health has worked diligently in the 2010-2011 school year to help better organize and bring attention to the CSH office and its purpose. Though it may not seem to be a huge feat to some, we have been able to incorporate three CSH sponsored sessions in the 2011-2012 school system opening days in-service with one being an all day physical education only session that has never happened before. Marshall County CSH is also working in conjunction with the school board policy

committee to address, develop, strengthen, and promote new policies and administrative procedures pertaining to CSH, health screenings, and healthy food guidelines. Marshall County CSH has worked with the county grant writer and as a result the school system was awarded over \$213,000 from the Project Diabetes Grant. The Marshall County Office of Coordinated School Health has seen a total of four coordinators since its inception in Marshall County. Our main goal, along with those stated in the action plan, is to bring awareness to the CSH office and our purpose. We want Marshall County students, faculty, staff, and administrators to be healthy and know that we are one of the best resources for them to attain information on how to live a healthier lifestyle. Finally, the Marshall County CSH office has developed an office mission statement that will be included on all literature distributed from our office that states that we are committed to "Promoting and providing all students with an opportunity to live and learn healthy lifestyle behaviors."

In such a short time, CSH in the Marshall County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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